

Cooking for Kids

Recipe Sizing Report

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Apr 13, 2022

000076 - Stir Fry Beef Lettuce Cups :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 50 Size of Portion: 1/2 CUP	Meat/Alt: 2 oz Grains: Fruit: Vegetable: 0.5 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
006175 SAUCE,HOISIN,RTS..... 902936 Sambal Oelek Chili Sauce..... 011949 CATSUP,LOW SODIUM..... 902953 Vinegar, Rice Wine..... 004058 OIL,SESAME,SALAD OR COOKING.....	3/4 cup + 1 Tbsp 1 1/4 ozs 2 cups + 1 Tbsp 3/4 cup + 1 Tbsp 2 1/2 tsp	1. In a large bowl or container, mix together hoisin, chili sauce, catsup, vinegar, and oil. Set aside for later.
011282 ONIONS,RAW..... 799939 GARLIC,RAW..... 011216 GINGER ROOT,RAW..... 051506 Beef, Crumbles w/SPP, Cooked, Frozen.....	13 1/3 ozs 3 Tbsp + 1 tsp 3 Tbsp + 1 tsp 6 lbs + 4 ozs	2. In a large braising pan on medium heat, sauté onions, garlic, and ginger for 45 seconds or until slightly brown. Add ground beef and continue to cook for 5 minutes.
011333 PEPPERS,SWT,GRN,RAW..... 011109 CABBAGE,RAW.....	2 lbs + 11 1/3 ozs 6 2/3 ozs	3. Add peppers and cabbage and continue to cook for 3 minutes. Add sauce and heat until internal temperature reaches 165° F.
011250 LETTUCE,BUTTERHEAD (INCL BOSTON&BIBB TYP...	20 7/8 leaf, medium	4. To serve, place lettuce leaves on tray and scoop 1/4 cup of stir fry in each.

*Nutrients are based upon 1 Portion Size (1/2 CUP)

Calories	153 kcal	Cholesterol	*39* mg	Sugars	*4.7* g	Calcium	28.75 mg	44.38%	Calories from Total Fat
Total Fat	7.54 g	Sodium	275 mg	Protein	11.32 g	Iron	1.21 mg	*21.33%*	Calories from Saturated Fat
Saturated Fat	*3.62* g	Carbohydrates	10.96 g	Vitamin A	342.6 IU	Water ¹	*46.58* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	2.63 g	Vitamin C	23.0 mg	Ash ¹	*0.73* g	28.68%	Calories from Carbohydrates
								29.64%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.